
 <p>U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration Center for Mental Health Services</p>	 <p><b>ADS CENTER</b> Resource Center to Address Discrimination and Stigma BRIDGING THE GAP BETWEEN WHERE WE ARE AND WHERE WE NEED TO BE</p> <p>11420 Rockville Pike, Rockville, MD 20852 1-800-540-0320 <a href="mailto:stopstigma@samhsa.hhs.gov">stopstigma@samhsa.hhs.gov</a></p>
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## Training Date & Time

**April 27, 2006  
(Thursday)**

**12:00PM to 1:30PM  
(Eastern Time)**

## Free Teleconference Training

### **Self-disclosure: The Public and Personal Effects of Revealing Mental Health Problems**

"Disclosure is not a black and white choice. Mental illness is a complex experience." —Corrigan and Lundin, *Don't Call Me Nuts*, Recovery Press, 2001.

According to the National Institute of Mental Health (NIMH), about one in four American adults, or approximately 57.7 million people, will experience a diagnosable mental illness in the coming year. Millions of these people will be faced with a choice: Do I tell other people about my illness, or do I keep it a secret? Though many will choose to disclose their mental health problems in full, the stigma and discrimination that still surrounds people labeled with a mental illness will force many others to keep all or part of that information to themselves.

As the quote above illustrates, the decision to disclose mental health problems is not straightforward. In fact, for many people the act of coming out of the closet with a mental health problem is a complex process. Yet, research indicates that, despite its difficulties, self-disclosure has a positive effect on peoples' lives overall. The same is true of the effect self-disclosure has on stigmatizing perceptions. Since public attitudes toward mental illness have been shown to improve when the average person interacts with the average person with a mental illness, the shared act of self-disclosure has an important role to play in future efforts at stigma reduction.

Please join the the staff of the SAMHSA ADS Center on **Thursday, April 27, 2006**, as we introduce the topic of self-disclosure and discuss what is gained and risked by choosing to talk openly about mental health problems. Topics explored will include personal reflections on self-disclosure, the contact approach to stigma reduction and recent research findings about self-disclosure in the workplace.

For more information about this training, or to register as a participant, please see the *Trainings* section of the SAMHSA ADS Center web site, <http://www.stopstigma.samhsa.gov>.

### **About the ADS Center**

The SAMHSA ADS Center helps people design, implement, and operate programs that reduce stigma and discrimination associated with mental illnesses. With the most up-to-date research and information, the ADS Center provides assistance to individuals, organizations, and governments countering such stigma in the community, in the workplace, and in the media.

*This teleconference is sponsored by the SAMHSA ADS Center, a project of the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services. The training is free to all participants.*

Subscribe to receive our monthly update by sending an e-mail to [stopstigma@samhsa.hhs.gov](mailto:stopstigma@samhsa.hhs.gov) or by calling an ADS Center representative at 800-540-0320. If you would like to comment on the materials included here, please send an e-mail to [stopstigma@samhsa.hhs.gov](mailto:stopstigma@samhsa.hhs.gov), or write to Resource Center to Address Discrimination and Stigma Associated With Mental Illness; Informational Updates; 11420 Rockville Pike; Rockville, MD 20852

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